

The Seven Waves

A Structured Water Hydration Program

Poor or excellent health? Which will you choose?

How we get either one is actually very simple. It is about how we are not, or ARE, drinking ENOUGH WATER day-to-day right out of the morning gate of “break fast”!

The primordial superfood, Water, is the biggest vitamin we consume daily. Said otherwise, it is what we may come to know as Vitamin ‘W’. As a person wisely and successfully changes instantly their thought of water from “It’s just something I have to drink” TO “Water is my chief superfood and is now half of my daily food intake,” they may be surprised to find themselves easily gaining and maintaining health. Indeed, what would happen to your health if you were to think of water as 50% of your food supply and being half of your daily energy source?

Though some would suggest air first, water *is* our brain, not air (though that may be true for some:)). The brain is composed of 77-99% water, depending on your reference source. Our 3 pounds of brain is our body’s power plant. Though it absolutely requires air to function properly, it is water that provides the brain’s structure. Is this what prompts the sages to choose water as their precept?

Thus, **the human body is a dynamic waterworks. It runs primarily on water, air, and minerals.** The rest of our body is 78% water. Every life-giving process that occurs in our body happens through Water! The following list of physiological processes revolves around the presence of water and serves to enhance this understanding:

WATER...

- *Gives the body energy
- *Helps deliver oxygen to every cell in the body
- *Transmits messages from brain down spine thru cerebrospinal fluid
- *Creates blood
- *Regulates blood pressure, body temperature, respiration depth and rate
- *Helps brain think, be clear, and manufacture hormones and neurotransmitters
- *Forms saliva and aids digestion
- *Keeps mucous membranes moist
- *Allows cells in the body to grow and reproduce
- *Helps body remove waste through urine and stools
- *Lubricates joints
- *Charges Sexual Reproduction

With such importance on water for the human body, does it not make sense that we would put the spotlight of our diet in that direction?

There is still another important aspect of water consumption on top of the quantity one drinks. The second part of poor or excellent health (?) revolves around this idea, “Is the water you are drinking dead or ENERGIZED?”

How can we obtain Energized Water?

1. Live near a spring of excellent water quality. Unfortunately, there are billions of us who do not have that option.
2. Spend thousands of dollars in our lives buying quality bottled Spring Waters. A reasonably priced spring water at a \$1/gallon will still run a single person \$365-400 dollars per year.
3. We could become Breatharians, living solely on air, an option that may be pushing reality a little too much for most of us at this time.

FINALLY, there is an easier answer: STRUCTURED WATER. Structured water is a way to secure healthy, clean, spring quality water or better. It is far ahead of the lifeless tap and bottled drinking waters that flood our homes and the market today leaving people tired, dehydrated, and broke.

Natural Action Technologies (N.A.T.) offers an array of structured water units that are equal to or far surpass all the top quality bottled waters. Additionally, they serve us for a lifetime and have more uses than just water.

The N.A.T. research department has previously shared with others the importance of drinking 3-8 oz. of water every 40 minutes to create the hydration of health, “Wet the body’s sponge” so to speak. We also promote it’s best to refrain from drinking 20-30 minutes before, during, and after meals to let stomach fluids, undiluted by water, do their job of effective digestion.

Now, we are proposing a new idea around the best scenario for human water consumption and hydration based on the Chinese Clock in Traditional Chinese Medicine. The Chinese Clock states that every two hours a new organ comes “on duty” at its strongest time to fervently support the body.

Our research is proposing two times of the day as being the most important ones for appropriate water intake. The first is Stomach Time at 7-9 am and the second is Urinary Bladder Time at 3-5 pm. These are accessible drinking times for most people. (A third time would be the Liver time at 1-3 pm. See more below.)

The idea of a morning and afternoon structured water schedule in "Waves" is so that the body can cleanse and rehydrate after a night's sleep of internal cleanup. By irrigating and feeding the cells thru proper amounts of energized water first thing in the morning and having a second session mid-afternoon, much can be accomplished to energize, oxygenate, and cleanse the body. The program is dubbed...

The Seven Waves

(Note: This may be a program that some people have to slowly work into and adjust as far as water amounts. But the times of the waves should be adhered to as closely as possible, even if the water amount doesn't seem enough. Just start! As with all things, do your best!)

Upon awakening, first thing to do: **DRINK ENERGIZED WATER!** The goal is to drink approximately **40 to 80 oz** of Structured Water in the **first hour and a half** of your day.

How does one accomplish this?

Starting at 7am in the morning (Stomach Time):

Wave 1 (7 am) = 14-24 oz. *(see below) of structured water straight away in 2-5 minutes of sipping to get the body metabolism off like a roaring rocket launch. WAIT 10 min.

Wave 2 (715 am) = 16 oz. of Structured Water in 2-5 minutes of sipping. Add one Tbsp of Apple Cider Vinegar (ACV) for 3 consecutive days. On fourth day, add the juice of 1 fresh-squeezed lemon. Keep repeating this cycle: ACV 3 days; lemon juice 1 day.

WAIT 30 min.

Do a Structured Breathing 5 Step Routine followed by Structured Breathing Kit* (It's important to be hydrated before structured breathing; and breathe slowly.)

Wave 3 (750 am) = 16 oz. of Structured Water in 2-5 minutes of sipping. Add a 1/4 tsp of Himalayan Sea Salt Solution to the water. Repeat HSSS in afternoon.

WAIT 30 min.

Now is a good time for exercise 30 min., acupuncture.

Wave 4 (825 am) = 16 oz. of Structured Water in 2-5 minutes of sipping. Shower with HSS block at base of tub for 2 min. Let water with the HSSS cover your feet. Eat breakfast.

*These amounts will vary according to weight, toxicity levels, and energetic constitution of the individual. For example, in Wave 1, a 100 lb. woman may drink 14 oz. A 165 lb. man 18 oz. A 250 lb. man 23 oz. In Wave 2, the a 100 lb. woman may drink 12 oz. A 165 lb. man 16 oz. A 250 lb. man 21oz. and again for Waves 3 and 4.

Now this is already 50 to 84 oz. of water before a person even considers eating breakfast. This is extremely different than what most people are doing out there. At best, the majority of people may drink 1 to 2 glasses of water of questionable quality. Then, they go straight into coffee and breakfast along with a whole slew of dehydrating foods and beverages in their diet throughout their day. Are you really sure that 0-16 oz. of water and a cup of coffee is sufficient enough to flush all the toxins that your body has been processing through the night?

In addition to the morning waves, there is a second wave period in the afternoon starting at 3 pm because this is when the Urinary Bladder is on-duty in the Chinese Clock cycle. The Urinary Bladder is often congested with toxins and this is why so many people have the afternoon low-energy blahs. Also, the Urinary Bladder meridian is the “Clerk and Recorder” of the Body. No toxin goes through without getting processed and noted by this longest meridian of the body. So 3-5 p.m.....Great time to upload on Energized Structured Water again!

Starting at 3pm in the afternoon (Urinary Bladder Time):

Wave 5 (3 pm) = 14-24 oz. of Structured water in 2-5 minutes of sipping.

WAIT 15 min.

Wave 6 (315 pm) = 10-16 oz. of Structured water in 2-5 minutes of sipping.

Add some 1/4 tspn of HSSS again.

WAIT 40 min.

Wave 7 (350 pm) = 10-16 oz. of Structured water in 2-5 minutes of sipping.

Perform a 5 Step Structured Breathing Routine.

Again at 7-9 pm, perform a 5 Step Structured Breathing Routine.

(The Liver Time (1-3 am) would be a third Chinese Clock time for another aggressive hydration period. During Liver Time, if one is up, one could repeat the Bladder Time Waves 5, 6, & 7 (above) periods again. This would be wise for those with insomnia, heavy metal toxicity, or hard to change health problems.)

In all this, remember the wisdom from the ancients: Chew your water and drink your food. Set your clock/smartphone to these 7 Wave time slots and you can follow it easily. As the alarm sounds off, drink up! At other times, drink 4-8 oz. every 40 min. On either side of eating food, refrain from drinking for 20-30 min. Simple.

In Oriental medical diagnosis, a very big complaint for many people is a hot, dry, or stagnant liver. A dried out liver (and thus kidney) is a very BIG energetic problem. Is some form of liver / gallbladder fire or stagnation (pre-heat) causing half of the populations complaints from the many drying agents out there (cigarettes, tobacco, salts, medications, etc.) in daily life? Should we dare suggest 55-60% of health problems?

Another top one is Large Intestine dryness...aka Constipation. Can we easily suggest 30% of health problems include this factor? That's about 90%!!!

The Seven Waves Structured Water Hydration Program is suggested in these cases. Will it wash away the dryness and put out the physiologic fires? Time will tell. Bring back energized structured water to the body. Bring back health!

Have the wettest day of your life,

Natural Action Technologies Research
7/11/14

This paper could not have been written without the inspiration and brilliant work of Dr. Barmanghelidj, M.D., one of the first modern docs to realize the problems of chronic dehydration in the body, and the vast array of medical conditions it creates. His life's work saved countless people from suffering. This paper just adds some refinements and subtleties derived from Acupuncture Energetic Theory and Structured Water energetics to his knowing and clinical experiences of what lack of water in the body really means. Dr. B. taught, "...the human body produces pain and develops various diseases when it is suffering from drought."

The reader, especially one with health dis-ease(s) and challenges, is recommended to read Dr. Batman's book: *Water Cures: Drugs Kill (How Water Cured Incurable Diseases)* and continue from there to his others. See also www.watercure.com
To quote Dr. B, "You are what you drink."

If you drink water that is energetic, and enough of it, you will have energy.
<https://www.youtube.com/watch?v=41nNRRzafKI>

"It Is Chronic Dehydration That Painfully and Prematurely Kills."

-Dr. Batmanghelidj, M.D.

The Seven Waves: A Structured Water Hydration Program

First thing upon awakening: **DRINK ENERGIZED STRUCTURED WATER!** The goal is to drink approximately **40 to 80 oz** of Structured Water in the **first hour and a half** of your day.

Starting at 7am in the morning (Stomach Time):

Wave 1 (7 am) = 14-24 oz.* of Structured water straight away in 2-5 minutes of sipping to get the body metabolism off like a roaring rocket launch.

WAIT 10 min.

Wave 2 (715 am) = 16 oz. of Structured Water in 2-5 minutes of sipping. Add one Tbspn of Apple Cider Vinegar for 3 days at this time. On fourth day, add fresh lemon juice for 1 day. Repeat cycle.

WAIT 30 min.

Do Structured Breathing 5 Step Routine followed by Breathing Kit Vials

Wave 3 (750 am) = 16 oz. of Structured Water in 2-5 minutes of sipping.

Add a 1/4 tspn of Himalayan Sea Salt Solution to the water. Repeat HSSS in afternoon.

WAIT 30 min.

Now is a good time to Exercise 30 min. Do Acupuncture. etc.

Wave 4 (825 am) = 16 oz. of Structured Water in 2-5 minutes of sipping...one more!

Shower with HSS block at base of tub for 2 min. Let water with the HSSS cover your feet. Eat breakfast.

*These amounts will vary according to weight, toxicity levels, and energetic constitution of the individual. For example, in Wave 1, a 100 lb. woman may drink 14 oz. A 165 lb. man 18 oz. A 250 lb. man 23 oz. In Wave 2, the a 100 lb. woman may drink 12 oz. A 165 lb man 16 oz. A 250 lb man 21oz. ...and again for Waves 3 and 4.

Now this is already 50-84 oz. of water before a person even considers eating breakfast. Congrats!

Starting at 3pm in the afternoon (Urinary Bladder Time):

Wave 5 (3 pm) = 14-24 oz. of Structured water in 2-5 minutes of sipping.

WAIT 15 min.

Wave 6 (315 pm) = 10-16 oz. of Structured water in 2-5 minutes of sipping. Add some 1/4 tspn of HSSS again.

WAIT 40 min.

Wave 7 (350 pm) = 10-16 oz. of Structured water in 2-5 minutes of sipping.

Perform a 5 Step Structured Breathing Routine.

And again from 7-9 pm, perform a 5 Step Structured Breathing Routine.

(The Liver Time (1-3 am) would be a third Chinese Clock time for advanced hydration. During Liver Time, if one is up, one could repeat the Bladder Time Waves 5, 6, & 7 periods again. This would be wise for those with insomnia, heavy metal toxicity, or incurable problems.)

(In all this, remember the ancient's wisdom: Chew your water and drink your food.

Set your clock/smartphone to these 7 time slots and you can follow it easily. As the alarm sounds off, drink up! At other times, drink 4-8 oz. every 40 min. On either side of eating food, refrain from drinking for 20-30 min. Simple!)

Now stick this last page to the refrigerator and drink up!